

Mishap Prevention Brief

22d Air Refueling Wing Safety

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Manual Lifting Basics

Unfortunately, lifting injuries are all too common in the workplace. Fortunately, they can be prevented! How?

- ← Inspect the items for sharp edges, slivers, and rough or slippery surfaces before you attempt to lift.
- ← Inspect your route of travel. Is it wide enough? Will you encounter tripping hazards?
- ← Wear all necessary Personal Protective Equipment. Do you need leather work gloves? Protective boots?
- ← When lifting always keep the natural "S" curve in your spinal column - chin up, posterior out.
- ← Keep the load as close to your body as possible.
- ← Avoid twisting while lifting. Pivot with your feet to prevent twisting your back.
- ← Don't lift anything you're not sure about. Ask for help with heavy or bulky items!



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